



Weekly Gouge

23– 31 October 2021
Volume 5 Issue 4

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Face Mask Usage on Joint Base Myer Henderson Hall

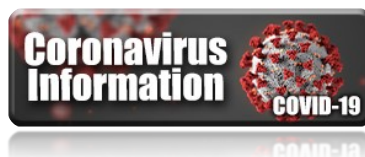
As of September 17, 2021

According to the Centers for Disease Control and Prevention, both Washington D.C. and Arlington County are now "substantial" transmission areas for COVID-19 and the Delta variant. Face coverings are now required in all indoor settings on Myer, McNair and Henderson Hall - regardless of vaccination status. The mask mandate remains in place for all non-vaccinated individuals - both indoors and outdoors.

Our job is to defend our Nation's Capital and to be the face of the US Military. Vaccinating against COVID-19 is key to our continued success. Your efforts will make a difference in the fight against this disease. Be a part of the solution - get vaccinated.

The virus is still out there. As conditions change in the local area we must continue to remain vigilant at work and home. Get vaccinated and follow DOD, local and CDC guidelines --- protect yourself, protect the team, protect the mission.

JBM-HH leadership continues to monitor the pandemic in the NCR and refine our conditions-based plan and continue to be focused on protecting the force, preserving readiness and mitigating the risk of transmission among personnel.



For the more updated information please visit:

[Joint Base Myer-Henderson Hall Notifications](#)

[MCCS Closures, Modified Hours of Operations and Event updates](#)

H&S BN, HQMC Henderson Hall Marine Corps Birthday Ball



The 246th Marine Corps ball at Henderson Hall has been cancelled.

CMC Ball has been cancelled.

October 2021 Awareness / Recognition

National Domestic Violence Awareness Proclamation

National Cybersecurity Awareness Proclamation

National Disability Employment Awareness Proclamation

National Breast Cancer Awareness Proclamation

National Clean Energy Action Month Proclamation

National Youth Justice Action Month Proclamation

National Indigenous People Day Proclamation

National Bullying Prevention Month

CFC Kick-Off Campaign

National Domestic Violence Prevention Month

MARADMIN 513/21: National Domestic Violence Prevention

2021 Theme: United to End Domestic Violence

Domestic Violence Prevention Month is nationally recognized every October. Throughout the month, events are held to raise awareness of domestic abuse, offer support to victims, and provide community education on available resources.

The Department of Defense's 2021 theme is, "United to End Domestic Violence." The campaign promotes a shared community responsibility in the prevention of domestic abuse. Everyone in the military community is instrumental in ending domestic abuse.

If you suspect someone is in an unhealthy or abusive relationship, offer support. Victims often feel isolated and responsible for the abuse. Listen, empathize, and express concern without judgment. Remind them the abuse is not their fault and they are not alone. Ask questions about how you can help and provide options for seeking supportive services.

If you feel unsafe at home or in your relationship, help is always available. You do not have to be in a crisis to access advocacy and clinical services. Two reporting options are available if you are experiencing domestic abuse. Unrestricted Reporting includes law enforcement and command involvement, while Restricted Reporting does not.

The Marine Corps Family Advocacy Program is committed to supporting Marines and their families impacted by domestic abuse through clinical, advocacy, and supportive services. Help is also available at the National Domestic Violence Hotline (800-799-7233) and Military OneSource at WWW.MILITARYONESOURCE.MIL.

To show support for the 2021 Domestic Violence Prevention Month, the Marine Corps community will participate in local installation events and activities. The Marine Corps, through participation in these events, will show that it defends and supports victims of domestic abuse. Leadership support of these events is instrumental in making it clear that domestic abuse is incompatible with military values, reduces mission readiness, and will not be tolerated in the Marine Corps.



National Disability Employment Awareness Month

DEOMI 2021 National Disability Employment Awareness Month

This year's theme is: ***America's Recovery: Powered by Inclusion***

The 2021 Department of Defense (DoD) NDEAM poster depicts a light bulb filled with different gears representing the many diverse individuals in the workforce. The inclusion of these individuals, to include those with disabilities, and the continual ingenuity they have provided, have driven the many innovations that have powered America through its most recent challenges.

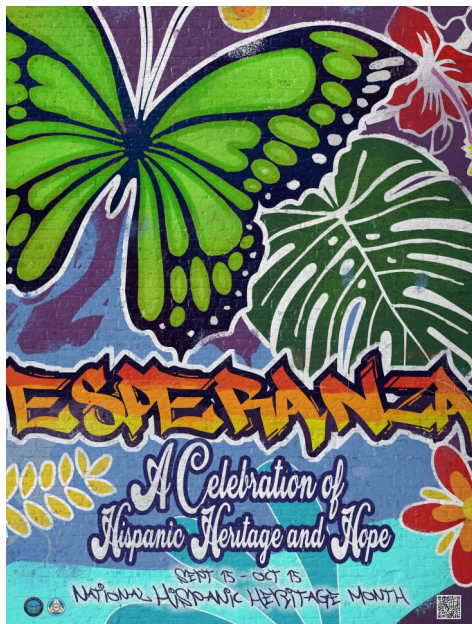
The theme, "America's Recovery: Powered by Inclusion," also reflects the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic. NDEAM is held each October to commemorate the many and varied contributions of people with disabilities to America's workplaces and economy. Browse our website for ideas and resources for employers, community organizations, state and local governments, advocacy groups and schools to participate in celebrating NDEAM through events and activities centered around the theme of "America's Recovery: Powered by Inclusion."



To view DEOMI Disability Employment Awareness Month News Release, please click [here](#).

We all should know that diversity makes for rich tapestry, and we must understand that all the threads of tapestry are equal in value no matter what their color.

National Hispanic Heritage Month



DEOMI 2021 National Hispanic Heritage Month

This year's theme is: ***Esperanza: A Celebration of Hispanic Heritage and Hope.***

National Hispanic Heritage Month pays tribute to the generations of Hispanic Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America, and who have positively influenced and enriched our nation and society. The observation was enacted into public law on August 17, 1988, under President Ronald Reagan, since then it has been celebrated from September 15 to October 15.

To view DEOMI Hispanic Heritage Month News Release, please click [here](#).

Cybersecurity Awareness Month Observance

MARADMIN 531/21: October 2021 - Cybersecurity Awareness Month Observance

2021 Theme: Do your part. Be Cyber Smart.

October is National Cybersecurity Awareness Month. Cybersecurity is a Marine Corps priority and this month presents an opportunity for all personnel to access resources online to better equip themselves against the hazards posed by cyber threat actors with malicious intent. Safeguarding and increasing the resiliency of an ever expanding array of information technologies, at work and at home, is a vast undertaking that requires a whole of force effort. Make your actions count!

2. Our adversaries are online every day seeking to exploit vulnerabilities that provide them advantage in the information environment. The network is vital to our ability to compete in the information environment, and as part of Force Design 2030, we are modernizing its capabilities to deliver greater advantage. The Marine Corps team is online every day, using formidable cyber forces and advanced technologies to defend against an unrelenting cascade of potential cyber threats. However, given the magnitude of the problem we face, even more is required. Through individual action online, every member of the Marine Corps team can contribute to the fight.

3. Raising Marine Corps wide cybersecurity awareness and improving workforce cyber knowledge, skills and abilities can help ensure that user actions support – rather than diminish – implemented threat protections. Users who know and understand the cybersecurity actions expected of them are prepared and their behavior online provides key advantage to our defenses against malicious activity. Individual actions matter, and what each member of the Marine Corps team does online can either support or detract from efforts by our cyber professionals in the fight every day.

4. This year's 2021 Cybersecurity Awareness Month overall theme is "Do your part. Be Cyber Smart." Take time during October to visit Marine Corps and other official government media channels to view cybersecurity campaign content to improve your knowledge, skills and abilities on topics relevant to your information technology use – at work and at home. Campaign content will highlight a different theme each week:

- a. Week One: You + the threat to OPSEC.
- b. Week Two: You + the threat in the office.
- c. Week Three: You + the threat outside the office.
- d. Week Four: The threat beyond you.



Go to the **Department of Homeland Security, Cybersecurity & Infrastructure Security Agency** website (<https://www.cisa.gov/cybersecurity-awareness-month>) for access to a wide range of cybersecurity awareness resources launched in observance of Cybersecurity Awareness Month.

Go to the **Marine Corps Cyberspace Operations Group, Defensive Cyberspace Operations** webpage (<https://homeport.usmc.mil/SUPPORT/MCCOG/SitePages/DCO.aspx>) for guidance on reporting suspicious network activity (Common Access Card required).

5. As the Marine Corps and our Nation's investment in information technologies builds competitive advantage, only a whole of force cybersecurity effort is capable of protecting that advantage. Adding the support of hundreds of thousands of cybersecurity-aware users to a network cybersecurity defense makes it more capable than ever before of impeding threats that may compromise our investments and abilities. The Marine Corps appreciates your commitment and dedication to improving your cybersecurity readiness. Your knowledge and actions online, whether at work or at home have never been more vital to mission success.

CFC Campaign 2021

MARADMIN 530/21: 2021 Combined Federal Campaign

CFCNCA 2021 is officially kicked off on 5 Oct 2021. Information on various events are included in the [CFC newsletter](#).

- Secretariat CFC Kickoff – Coming Soon

O A 2021 "Virtual" DON Secretariat Combined Federal Campaign (CFC) Kickoff with a special message from this year's CFC Chair, Ms. Alaleh Jenkins, ASN (FM&C).

O Be on the lookout for a flyer announcing the DON Secretariat CFC Halloween Trivia Contest where you can win a "Bragging Rights" certificate signed by this year's CFC Chair, Ms. Alaleh Jenkins, Assistant Secretary of the Navy for Financial Management and Comptroller.



The contest will launch at 0900 on Tuesday, 19 October 2021. The first one to answer all 6 questions correctly WINS!

Henderson Hall Remote Office at the Pentagon

Henderson Hall has opened a remote office at the Pentagon in room 4A524 in order to better support the Marines within the Pentagon. Primary personnel will be supporting the below offices:

- **CONAD**
- **DMO**
- **Company Offices**
- **SACO**

Welcome Aboard Brief

Welcome Aboard Orientation is designed to inform new joins of all programs and benefits available them in the National Capital Region. Set Aside Program, Child Care Subsidy programs, Mass Transit Benefits, Single Marine Program, Marine Corps Exchange, TriCare, Life Long Learning just to name a few.

Joseph Rosenthal Theater

Tuesday, 26 October 2021

0800–1030

For more information or questions, please contact Mr. Willie

Acevedo, Relocation/Information & Referral, at 703-693-9197 or email William.acevedo@usmc.mil.



S-3 Training: COVID Vaccine Mandate, CFT schedule, and PAC training

MARADMIN 533/21: Supplemental Guidance to Mandatory COVID-19 Vaccination of Marine Corps Active and Reserve Components was published on 7 October 21, publishing updated vaccination guidance and reporting requirements. All active duty Marines must record their COVID-19 vaccination intent in MRSS NLT 24 October, Reserve Marines must record their intent NLT 24 November. Active duty Marines must be fully vaccinated by 28 November, Reserve Marines must be fully vaccinated NLT 28 December.

Please contact the S-3 (hnhl_s3_training@usmc.mil) in order to sign up for upcoming Rifle or Pistol Ranges.

CPP (1 Day Pistol Range for current Expert/Sharpshooters): Dec 2nd, Mar 24th, Apr 7th, Jun 30th, Jul 28th, Aug 18th

APT (3 Day Pistol Range): Nov 29th, Mar 21st, Apr 4th, Jun 27th, Jul 25th, Aug 15th

ARQ (Rifle Range): Nov 29th, Mar 21st, Apr 4th, Jun 27th, Jul 25th, Aug 15th

Due dates for nominations and more information is posted [here](#). Contact MSgt Greenlee for questions.

MARADMIN 442/21 reiterates the requirement for all military and civilian personnel with government computer and network access to complete FY2021 cyber awareness training. Please see the MARADMIN for more details and instructions on completing the training.

***Forthcoming Changes to the Physical Fitness Test (PFT): MARADMIN 404/21

- Starting 1 January 2022, time required to achieve the maximum points on the plank will be 3 minutes and 45 seconds. The time required to achieve the minimum points on the plank will be 1 minute and 10 seconds.
- Effective 1 January 2023, the plank will replace the abdominal crunch for the PFT.
- There is one scoring table for both male and female Marines.
- MCO 6100.13A W/CH 3 will be revised to reflect this change.
- [DVIDS - Video - PFT Plank Instructional video \(dvidshub.net\)](#)

CFT Schedule: All CFTs will be conducted at the Joint Base Myers

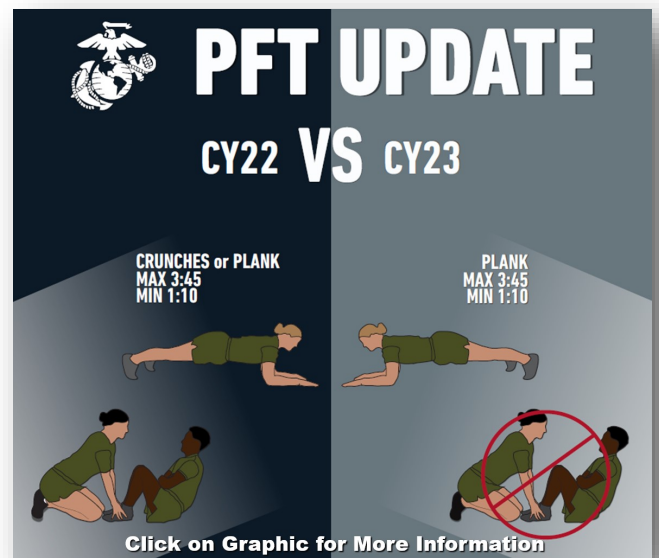
–
Henderson Hall LZ located adjacent to the CDC and AFFES Exchange.

Oct: 22, 29 (at 0800)

Nov: 5, 19 (at 0800)

Dec: 3, 10, 15-17 (at 0800)

Command Physical Training Representative (CPTR)/Monitor
Briefs are held on the 2nd Tuesday of each month at 0900 in the
S-3 Conference Room.



To view more information, please click [here](#).

S-3 Operations Office
703-614-1471
HNHL_S3_Training@usmc.mil

October SAPR Training

SAPR FY22 Virtual Training

28 October 2021

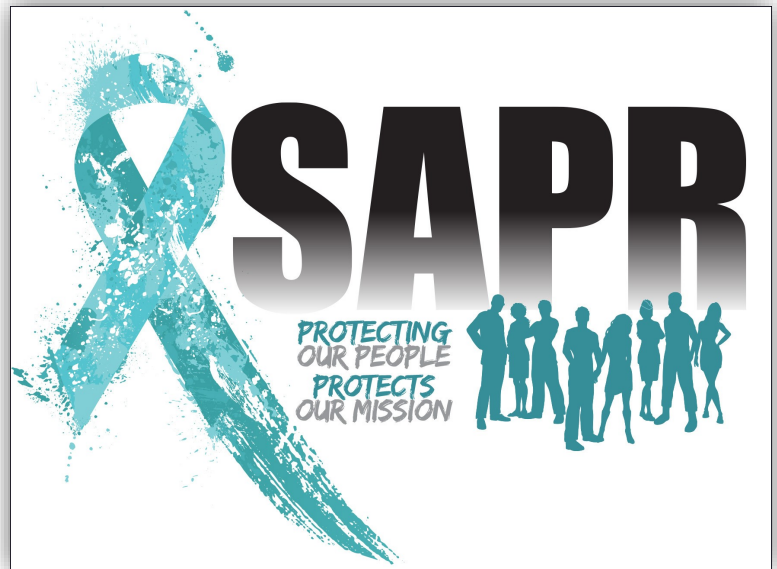
1000 - Officers

1300 - SNCOs

<https://meeting.marinenet.usmc.mil/hhsaprannualtraining/>

Notes:

Adobe Connect works best with Chrome or Edge



"Being positive in a negative situation is not naïve, It's leadership."

- Ralph Watson

S-1: Flag Request Form

Within the S-1, retirement flags are flown the first full week of each month excluding weekends, holidays, and during inclement weather. November, as many know, is a popular month, and with many requests for 10 November, the Marine Corps birthday. The S-1 had flown over 100 flags last year and in order to prevent an excess of last minute requests, we ask that all request be submitted NLT 2 November 2021.

The same rules apply if the member is within the battalion and retiring , we will provide the flag however, if they do not we request a flag to be provided. Please forward the completed request form to our OMB at hnhl_s1@usmc.mil or walk in the form to the S-1 at building 29 room 200.

Click [here](#) to view the updated Flag request form.

POC: Corporal Nelson at 703-614-2014.

COVID Vaccination Information Update

COVID Vaccine Update:

MARADMIN 462/21 was published on 1 September 2021, mandating all Marines be fully vaccinated

within 90 days for active duty and 120 days for Reserve Component Marines. The MARADMIN is shared below for full details. Additional guidance and implementation process is forthcoming however Marines may voluntarily receive any vaccine to meet this requirement. Contact the battalion corpsman for additional questions.

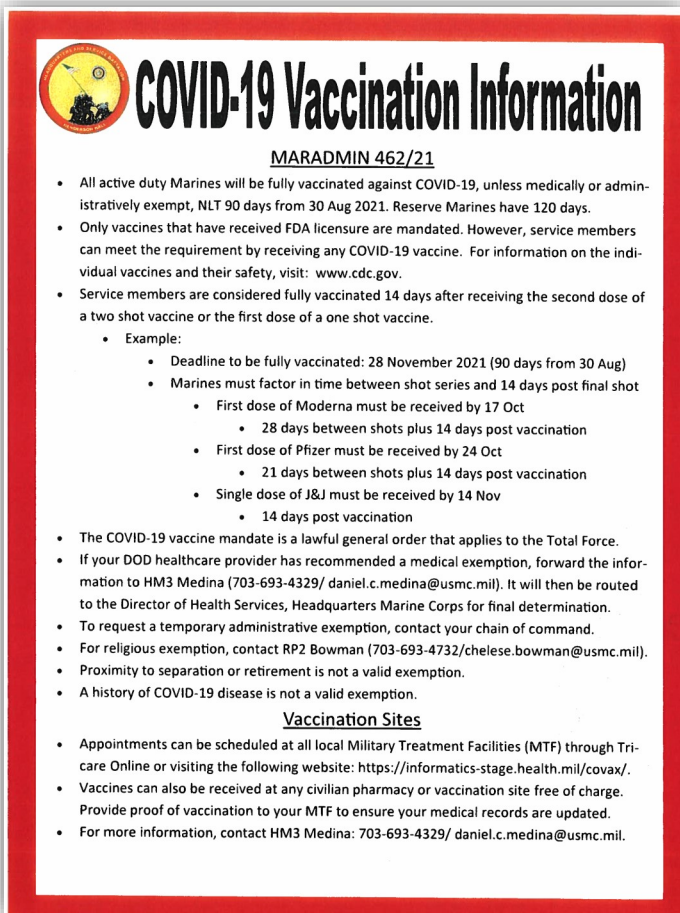
JBM-HH is offering COVID-19 vaccines on walk-in basis to all eligible personnel.

COVID-19 Vaccinations

COVID-19 vaccinations will be available at the Pentagon Library and Conference Center starting on 27 September from 0800-1200, Monday thru Friday.

PLEASE SELF-REGISTER FOR FIRST, SECOND, or a THIRD DOSE (Immunocompromised/booster) at: <https://apps.sp.pentagon.mil/sites/Vaccination/Pages/Home.aspx>.

Booster guidance: CDC recommends the following groups: 65 or older and 18-64 years old with underlying conditions or increased risk because of their occupational or institutional settings receive a booster shot of PFIZER at least six months after the 2nd dose of PFIZER.



COVID-19 Vaccination Information


MARADMIN 462/21

- All active duty Marines will be fully vaccinated against COVID-19, unless medically or administratively exempt, NLT 90 days from 30 Aug 2021. Reserve Marines have 120 days.
- Only vaccines that have received FDA licensure are mandated. However, service members can meet the requirement by receiving any COVID-19 vaccine. For information on the individual vaccines and their safety, visit: www.cdc.gov.
- Service members are considered fully vaccinated 14 days after receiving the second dose of a two shot vaccine or the first dose of a one shot vaccine.
 - Example:
 - Deadline to be fully vaccinated: 28 November 2021 (90 days from 30 Aug)
 - Marines must factor in time between shot series and 14 days post final shot
 - First dose of Moderna must be received by 17 Oct
 - 28 days between shots plus 14 days post vaccination
 - First dose of Pfizer must be received by 24 Oct
 - 21 days between shots plus 14 days post vaccination
 - Single dose of J&J must be received by 14 Nov
 - 14 days post vaccination
- The COVID-19 vaccine mandate is a lawful general order that applies to the Total Force.
- If your DOD healthcare provider has recommended a medical exemption, forward the information to HM3 Medina (703-693-4329/ daniel.c.medina@usmc.mil). It will then be routed to the Director of Health Services, Headquarters Marine Corps for final determination.
- To request a temporary administrative exemption, contact your chain of command.
- For religious exemption, contact RP2 Bowman (703-693-4732/ chelese.bowman@usmc.mil).
- Proximity to separation or retirement is not a valid exemption.
- A history of COVID-19 disease is not a valid exemption.


Vaccination Sites

- Appointments can be scheduled at all local Military Treatment Facilities (MTF) through Tri-care Online or visiting the following website: <https://informatics-stage.health.mil/covax/>.
- Vaccines can also be received at any civilian pharmacy or vaccination site free of charge. Provide proof of vaccination to your MTF to ensure your medical records are updated.
- For more information, contact HM3 Medina: 703-693-4329/ daniel.c.medina@usmc.mil.

2021 Annual Flu Vaccine Clinic: JBM-HH and Ft. McNair



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC ANNUAL FLU CAMPAIGN COMMUNITY CLINICS





Who: ALL Active Duty, Beneficiaries, Retirees, DOD Civilians
What: Annual Influenza Vaccine Community Clinics
 (FLU Shots Only for Adults, Pediatrics and Over 65 dose - if available)
Where: Joint Base Myer – Fort Myer Fitness Center (212 Sheridan Avenue)
When: Tues OCT 12, Thurs OCT 14, & Wed OCT 27 from 0800-1500
 Tues OCT 21 & Wed NOV 10 from 0800-1800 (Extended Hours)
 Saturday OCT 16 & NOV 6 from 0800-1200 (Weekend)

Fort McNair Community Flu Clinic @ Fort McNair Gym (Bldg 69)
 Friday, October 15 (0800-1500)


In accordance with increased COVID-19 safety measures please ensure the following:

- If you have COVID-19 symptoms please **DO NOT** come to the clinic
- Bring military ID Card with DOD ID number
- Maintain proper social distancing and proper face mask use
- Wear clothing that allows easy access to your upper arm/shoulder area







Flu Vaccine: For Everyone, Every Year




JBM-HH and Andrew Rader Clinic COVID Vaccines



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CLINIC







COVID-19 Vaccination Campaign Update:
 The COVID-19 vaccination clinic has moved to the Andrew Rader Clinic Readiness Section

- **WHO:** All Active Duty, eligible Tricare beneficiaries age 18 and up, and eligible DoD Civilians/contractors.
- **WHEN:** Monday through Thursday from 8am to 2:30pm by appointment only. There is no walk-in availability.
- For additional updates on the Joint Base Myer Henderson Hall Covid-19 Vaccination campaign, please call our automated hotline at **703-696-2994**.

HOW: COVID-19 Vaccines are appointment only. There are two ways to schedule an appointment.

- Visit the ARUSAHC COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or Through Tricare online at <https://www.tricareonline.com>





JBM-HH has shifted vaccination efforts to the Radar Clinic Vaccine clinic.


You may also schedule an appointment by visiting the below websites.

Visit the ARUSAHC COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or through Tricare online at <https://www.tricareonline.com>.

Command Safety Office

Volume 2, Issue 9
Safety Checks Oct. 2021

Henderson Hall Safety
"Safety Checks"
Make the right decisions! Your family, your leadership, and fellow Marines are counting on it!




From the Director of Safety

Leaders, Staff and Family Members,

As we transition into the new FY, your Safety Team will be taking a deeper dive on building a more robust safety culture! Additionally, we will be providing more opportunities for both our Marines and civilians to attend safety training i.e. OSHA 10 and 30 hr. training - be on the look out! Lastly, please take the time to stop by the HH satellite office in the Pentagon (4A524) to pick up some safety gouge for the home front.

R/S, Your Command Safety Office




Special points of interest:


- Fire Prevention
- Yard work Safety
- Halloween Safety


Inside this issue:

Home Fire Prevention Tips	2
Yard Work Safety Tips	3
Columbus Day Safety Checks	4
Hunting Tips and Tree Stands	5,6
Halloween Safety	7



Command Web App





The Command Safety Office has prepared our "Safety Checks", this edition includes information about Home Fire Prevention, Yard Work Safety Tips, Hunting and Tree Stand Safety, Halloween Safety and a one pager "discussion points" for leaders and Marines to utilize .

I am also including the latest edition of the Naval Safety Center's Lessons Learned, Amphibious Assault Vehicle (AAV) Sinking's. This may not be relevant to your chain of command however, it does provide a snapshot of challenges that our communities face within our Corps.

R/S,

Your Command Safety Office

Henderson Hall Safety:

[October Safety Newsletter](#) [Newsletter](#)

[Family Safety & Health Magazine](#)

(click above to view magazine)

Password:

Fall2021

Naval Safety Center Lessons Learned & Safety Checks

[NSC Lesson Learned: LL 21-26 Amphibious Assault Vehicle \(AAV\) Sinkings](#)

[NSC Lessons Learned 21-25 Concussions](#)

[Sanitized Safety Investigation Report: SSIR 21-10 Helicopter](#)

[Rescue Swimmer Mishap](#)

[Labor Day 2021 Safety Checks](#)

[NSC Lessons Lerner 21- 24 On Duty Firearm Negligent Discharges](#)

[NSC Lessons Learned 21- 22: Afloat Tug Related Mishaps](#)

[NSC Lessons Learned 21- 23: Physical Training Injuries](#)

[NSC Lessons Learned 21-09 : SSIR Formation Flight Midair Collision](#)

[NSC Lessons Learned 21-18: Heat-Related Mishaps](#)

[NSC Lessons Learned 21-15 Motorcycle Mishaps](#)

[NSC Lessons Learned 21-14 E-Scooters](#)

[NSC Lessons Learned 18-18 Why Don't We See Motorcycles](#)

The Military District of Washington: High Holiday Services

*****Open to authorized DoD Personnel and Family*****

SERVICES ARE HELD IN THE FORT BELVOIR CHAPEL

Please remember that according to Army Regulation and the U.S Code, anyone who has legal access to Fort Belvoir is welcome to attend religious services, but priority will be given to current military members, DOD Civilians, retirees, and their families.

Hebrew School for the Whole Family

October 6—November 17

Wednesdays at 1800 (6pm)



Solo Parent Society



We help single parents raise healthy kids.



We join the journey

Because we have walked in their shoes, we journey with single parents through both the challenges and victories.



We build authentic community

We create support groups online, in local churches and in the US military.



We empower parents

We produce weekly podcasts, daily devotions and resources to help single parents in the areas they struggle with the most.



We advocate

We raise awareness and speak out for the specific challenges single parent families face.



We equip churches

We provide resources and coach local churches to better serve the needs of single parents.



We support

We connect the needs of single parents to local churches to provide real support locally.

OUR MISSION

We help single parents raise healthy kids by encouraging, equipping, and empowering them. We do this so they can better love themselves, their families and their Creator. We mobilize churches, companies, and communities to do the same to help these families thrive.



GROUP INFORMATION

If you are a single parent... YOU BELONG HERE!

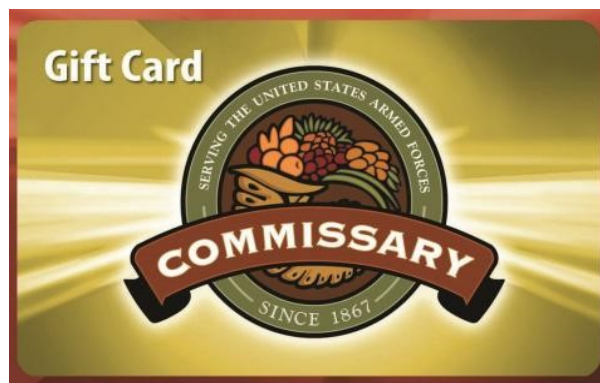
Solo Parent Society is a group of single moms and dads meeting weekly for connection, understanding, and support. We meet online and, as available, in person.

This is a time to connect, learn, and share to ultimately be a community doing life together. Everyone chooses how they will participate: join the conversation or just listen.

If you are interested in joining the JBM-HH Solo Parent Program – contact Chaplain Maruszewski at (703) 614-9280 or stop in to bldg. 29 Chapel.

Welcomed a Newborn?

The Chaplains Office has commissary gift cards for those E6 and below members who have recently welcomed a newborn into the world. It can be used for diapers, formula, whatever can be purchased at the commissary for use in caring for your new young one. Please contact us at jona-than.maruszewski@usmc.mil or chelese.bowman@usmc.mil for more information.



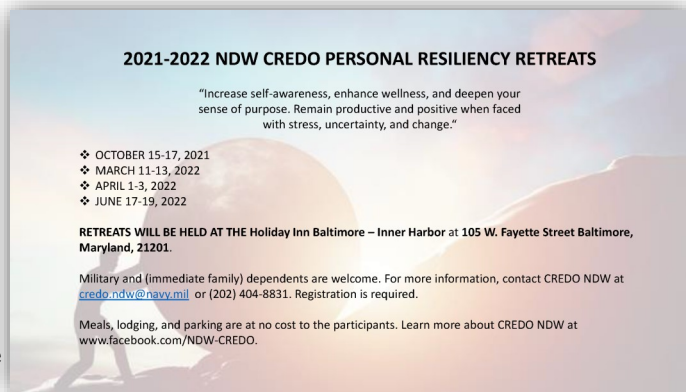
FY 21-22 NDW CREDO Retreats

Personal Resiliency Retreat

"Increase self-awareness, enhance wellness, and deepen your sense of purpose. Remain productive and positive when faced with stress, uncertainty, and change."

Military and (immediate family) dependents are welcome. For more information, contact CREDO NDW at credo.ndw@navy.mil or (202) 404-8831. **Registration is required.**

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO



2021-2022 NDW CREDO PERSONAL RESILIENCY RETREATS

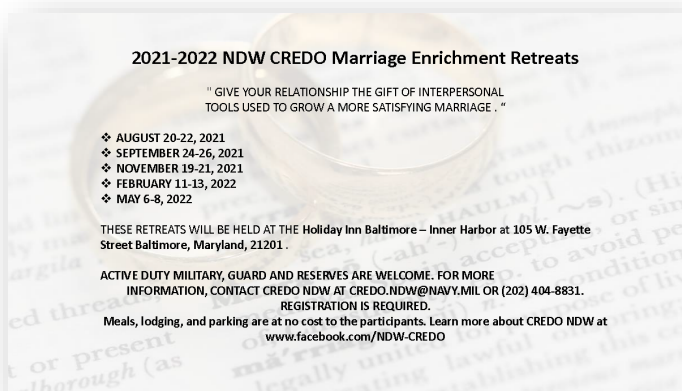
"Increase self-awareness, enhance wellness, and deepen your sense of purpose. Remain productive and positive when faced with stress, uncertainty, and change."

- ❖ OCTOBER 15-17, 2021
- ❖ MARCH 11-13, 2022
- ❖ APRIL 1-3, 2022
- ❖ JUNE 17-19, 2022

RETREATS WILL BE HELD AT THE Holiday Inn Baltimore – Inner Harbor at 105 W. Fayette Street Baltimore, Maryland, 21201.

Military and (immediate family) dependents are welcome. For more information, contact CREDO NDW at credo.ndw@navy.mil or (202) 404-8831. Registration is required.

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO.



2021-2022 NDW CREDO Marriage Enrichment Retreats

"GIVE YOUR RELATIONSHIP THE GIFT OF INTERPERSONAL TOOLS USED TO GROW A MORE SATISFYING MARRIAGE."

- ❖ AUGUST 20-22, 2021
- ❖ SEPTEMBER 24-26, 2021
- ❖ NOVEMBER 19-21, 2021
- ❖ FEBRUARY 11-13, 2022
- ❖ MAY 6-8, 2022

THESE RETREATS WILL BE HELD AT THE Holiday Inn Baltimore – Inner Harbor at 105 W. Fayette Street Baltimore, Maryland, 21201.

ACTIVE DUTY MILITARY, GUARD AND RESERVES ARE WELCOME. FOR MORE INFORMATION, CONTACT CREDO NDW AT CREDO.NDW@NAVY.MIL OR (202) 404-8831. REGISTRATION IS REQUIRED.

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO

Marriage Enrichment Retreat

"Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage."

Active Duty Military, Guard and Reserves are welcome. For more information, contact CREDO NDW at Credo.NDW@Navy.Mil or (202) 404-8831. **Registration is required.**

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO

Resilient Individuals Supporting Each Other (R.I.S.E) Support Group

This group is for individuals seeking a safe place to discuss and receive support regarding relationship patterns that are causing you to feel isolated, belittled, controlled or unsafe. Henderson Hall FAP Staff will facilitate discussions.


For Who: All DOD uniformed personnel and those who are able to be seen at a military treatment facility.

When: The last Thursday of every month from 1 - 3pm

Where: Henderson Hall Bldg 12 x (next to Bldg 12 and the car wash)

For more information and list of classes, please click [here](#).

Behavioral Health (front desk): 703-614-7204



R.I.S.E.
RESILIENT INDIVIDUALS SUPPORTING EACH OTHER

About: This group is for individuals seeking a safe place to discuss and receive support regarding relationship patterns that are causing you to feel isolated, belittled, controlled or unsafe. Henderson Hall FAP Staff will facilitate discussions.

For Who: All DOD uniformed personnel and those who are able to be seen at a military treatment facility.

When: The last Thursday of every month from 1 - 3pm

Where: Henderson Hall Bldg 12 x (next to Bldg 12 and the car wash)

Contact:
Natalia Tyrrell, Victim Advocate **703-693-7181**
Email: natalia.tyrrell@usmc-mccs.org

Toys for Tots at Henderson Hall

The mission of the Marine Toys for Tots Foundation is to assist the U. S. Marine Corps in providing a tangible sign of hope to economically disadvantaged children at Christmas. This assistance includes providing day-to-day leadership and oversight of the Program, raising funds to provide toys to supplement the collections of local Toys for Tots Campaigns, to provide promotional and support material and defray the costs of conducting annual Toys for Tots Campaigns. Other Foundation support includes providing administrative, advisory, financial, logistic and promotional support to local Toys for Tots Coordinators; managing funds raised and monies donated based on the use of Toys for Tots name or logo; providing other support the Marine Corps, as a federal agency, cannot provide; and conducting public education and information programs about Toys for Tots that call the general public to action in support of this patriotic community action program .



For more ways to Donate, please click [here](#).

- Make a donation
- Donate Online
- Donate a Toy locally
- Literacy Program
- Virtual Toy Box
- Peer-to-Peer Fundraising



JBM-HH Play Morning

Hosted by The New Parent Support Program. Join us every Thursday morning for sing-along-songs and story time for preschool children 0-5 years old. Registration is necessary!

Every Thursday

October 28, 2021

10:00 am - 11:30 am

Henderson Hall Chapel

For more information, call 703-614-7208 or 703-696-1160 or email or laurie.laszkovits@usmc-mccs.org.



JOINT BASE MYER - HENDERSON HALL

Play Morning

Hosted by The New Parent Support Program. Join us every Thursday morning for open play, structured activities, sing-along-songs with instruments, and story time for preschool children 0-5 years old. Registration is required.

Every Thursday
10:00 am - 11:30 am

Henderson Hall Chapel
1555 Southgate Rd., Bldg. 29,
JBM-HH, Arlington, VA 22214
(Located next to Navy Mutual Aid Association)

For registration and information:
(703) 696-3510 or (703) 614-7204

MCCHS
HENDERSON HALL

MARINE Family

JOINT BASE MYER HENDERSON HALL FAMILY ADVOCACY PROGRAM

Infant Massage

Join us for a FREE Infant Massage class series for military families.

October 27, 2021

10 a.m—11:30 a.m

Henderson Hall Chapel



MARINE Family

INFANT MASSAGE

MCCHS
HENDERSON HALL

Whether it's to soothe a little one to Dreamland, ease a gassy belly, or calm a fussy baby, a gentle massage can work wonders — the power is in your tender touch.

Of the five senses, touch is the one that's most developed at birth. Research suggests that infant massage has enormous benefits for helping babies grow and thrive including:

- Ease tummy troubles
- Boost muscle development
- Soothe to sleep

What's more, giving your baby a massage can help you find your own sense of calm!

Infant massage will be taught over a span of 4 weeks, with instructors demonstrating on dolls.

October 6, 13, 20, and 27

Henderson Hall Chapel

1000 AM to 11:30 AM

Register at:
703-614-7204 or 703-693-1160
www.mcchh.com/npsclasses.html

Whether it's to soothe a little one to Dreamland, ease a gassy belly, or calm a fussy baby, a gentle massage can work wonders — and the power is in your tender touch.

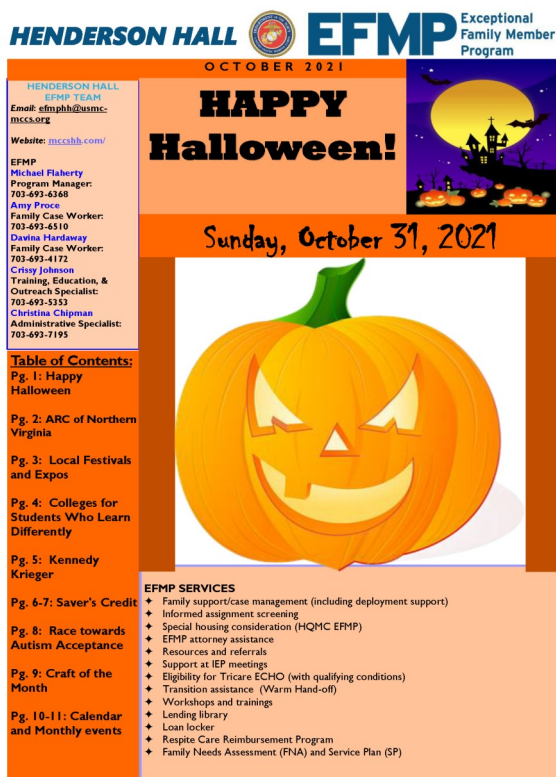
Of the five senses, touch is the one that's most developed at birth. Research suggests that infant massage has enormous benefits for helping babies grow and thrive including:

- Easing tummy troubles
- Boosting muscle development
- Helping soothe to sleep

What's more, giving your baby a massage can help you find your own sense of calm! Infant massage will be taught over a span of 4 weeks, with instructors demonstrating on dolls.

For more information, please contact NPSP at ombnpsphh@usmc-mccs.org or 703-614-7208 or 703-614-7204.

Exceptional Family Member Program



Click on the image to view newsletter

Event: Special Education Overview

Open to: EFMP Families

Date: Tuesday, 2 NOV 2021 from 11:30 am – 12:30 pm

Where: Virtual

Why: MCO 1754.4C

Description: Are you new to the special education arena or just in need of a refresher on the basics of special education? Join us for a workshop on the need-to-know information on the special education process in order for you to be the best advocate for your child.

For more information and courses, please click [here](#).

Event: Transition University

Open to: Families with Children with Disabilities through PEATC

Date: It is a Self –Paced forum with the following dates:

Winter, February 6, 2022 – March 28, 2022

<https://tuwinter2022.eventbrite.com>

Summer, June 12 2022 – August 7, 2022

<https://tusummer2022.eventbrite.com>

Where: Online through PEATC – links listed above

Description: This course is designed for parents or caregivers of families with children in school receiving special education services. The goal is to share factual information on transition service and to make the transition from school services to adulthood less confusing.

Exceptional Family Member Program

VIRTUAL Lunch and Learn

Every 1ST & 3RD TUESDAY of each month
11:30 AM - 12:30 PM
 Using Zoom Pro

zoom

Please email Henderson Hall EFMP efmphp@usmc-mccs.org for a link to a Zoom session and a PowerPoint on the selected topic.

MARINE & Family

Topics will vary each session:

- Introduction to EFMP
- Respite Care
- Accessing Community Resources
- Recreation Inclusion Opportunities
- Special Education Overview
- SSI/SSDI and Medicaid Waivers
- Successful PCS Transitions
- Early Intervention Overview
- Managing Deployments
- Building Networks of Support
- Establishing Permanent Dependency
- Service Animals

MCCCS
 HENDERSON HALL
 MCCSHH.COM

FY22 Transition Readiness Program Schedule

TRANSITION READINESS PROGRAM
HENDERSON HALL - FY2022

Executive Career Transition Seminar (ECTS)

- 15 - 19 November
- 06 - 10 December
- 07 - 11 February
- 21 - 25 March
- 16 - 20 May
- 27 June - 1 July
- 22 - 26 August
- 19 - 23 September

Retirement TRS

- 18 - 22 October
- 24 - 28 January
- 25 - 29 April
- 18 - 22 July

Separation TRS

- 1 - 5 November
- 10 - 14 January
- 28 February - 4 March
- 4 - 8 April
- 6 - 10 June
- 1 - 5 August

For registration, please contact your Unit Transition Coordinator (UTC).
Due to limited capacity, these trainings are limited to personnel administratively attached to HH.

MCCS
HENDERSON HALL

mcsHH.com/trp

Henderson Hall's **Transition Readiness Program (TRP)** ensures Marines are prepared for their transition from military to civilian life and provides Marines and their families with the tools and resources needed to meet Department of Defense (DoD) directed Career Readiness Standards (CRS).

The **TRP** provides career/employment assistance, vocational guidance, and transition information to separating/retiring Marines and their families. Marines are counseled and advised on the availability of transition support services and their responsibility for attending the mandatory Transition Readiness Seminar (TRS) prior to leaving the military.

To register, please contact your Unit Transition Coordinator (UTC).

Due to limited capacity, these trainings are limited to personnel administratively attached to Henderson Hall.

Virginia's HIRE VETS NOW Virtual Career & Networking Fair

Thursday, October 28, 2021

12 p.m - 2 p.m

Please join us on October 28th for the HIRE VETS NOW Virtual Career & Networking Fair. Virginia's most military-friendly employers are excited to meet you! Register now for this free event and connect with employers looking to hire and network.

Virginia's HIRE VETS NOW is a statewide initiative that brings together transitioning service members, veterans, spouses, and dedicated businesses to share in camaraderie, professional development and career networking.

HIRE VETS NOW is hosted by the Virginia Department of Veterans Services, the Virginia Veterans Services Foundation, the Virginia Chamber Foundation and Transition Assistance Offices on military installations throughout the Commonwealth.

Thank you to the Virginia Chamber Foundation's Military & Veterans Affairs Committee Members for their program sponsorship.

Cpl Terry L. Smith Gym and Zembiec Pool Hours





Smith Gym Operational Times
Effective August 16, 2021
100% ID Check will be in effect.

Monday - Friday
Open 5:00am - 7:30pm

Saturday - Sunday
Open 8:00am - 2:00pm

Open to DoD ID card holders
 Only 70 patrons will be allowed inside the facility at a time.
 Availability will be on a first come first served basis.
 We ask that all workouts do not exceed 1 HOUR. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers ARE OPEN.
 The H.I.T.T. facility will be closed. Group workouts are prohibited.

Gym Front Desk
 703-614-7214

Basketball court is closed
MASKS ARE REQUIRED




Open to DoD ID card holders

(Active Duty, Civilians, and Retirees. No guest allowed.)

Only 70 patrons will be allowed inside the facility at a time.

- Availability will be on a first come first served basis. We ask that all workouts do not exceed 1 HOUR.
- Unit training reservations and recreational usage of the facility is prohibited.
- The H.I.T.T. facility will be closed. Group workouts are prohibited.
- Smith Gym Locker Rooms and showers are now OPEN!

Monday - Friday

5:30 a.m-7:00 p.m

Saturday - Sunday

8:00 a.m - 2:00 p.m

CLOSED holidays.

Basketball court is CLOSED.

MASKS ARE REQUIRED!!

Zembiec Pool

The Zembiec Pool Facility, Bldg. 11 at Henderson Hall is closed for our Fall Annual Maintenance and Winter Dome Enclosure Installation. We will be closed for the month of October to complete these projects. Thank you to all our patrons for a great 2021 Outdoor Season. Check out our facebook page for updates on our upcoming 2021-2022 Indoor Season to include Hours of Operation and Upcoming Programming.



Halloween Costume Contest

Trick or Treat, win a turkey to eat! Thanks to the Commissary, you could win a 14 to 16 pound turkey for a Thanksgiving feast. There will be one winner per commissary store.

Customers may enter the contest by registering and uploading their favorite costume photo at www.Commissaries.com/halloween-costume-contest. One submission/entry per person. Entries must be submitted by Oct. 31. Winners will be notified by Nov. 8. For contest rules visit www.Commissaries.com/halloween-costume-contest.



Henderson Hall Ooh Rah Run Series: Haunted Hill 5k

The 2020 OohRah Run Series continues as Henderson Hall proudly host the Haunted Hill 5k. The race will begin across from Terry L. Smith Gym and take runners through all of the sights of Joint Base Myer Henderson Hall and end back at Smith Gym for our Post Race Awards Ceremony.

Friday, October 29

7:00 am

Cpl Terry L Smith Gym, Henderson Hall

This Halloween themed event will include **tricks and treats** for all participants. Costumes are welcome!

Register online NOW through 27 October. For more information and to register, please click [here](#). For more questions, please contact Jason Herr at jason.herr@usmc.mil or 703-614-6332.

The event is open to all DOD ID card holders with access to the Joint Base Myer/Henderson Hall. (Active Duty, Retiree, Civilian, and Dependents)



American Clippers Barbershop



BARBER SHOP IS OPEN TO ALL DoD ID CARD HOLDERS

New Hours of Operation, starting Monday, September 27, 2021:

Monday-Friday: 8:30 am - 5:30 pm

Saturday: 9:30 am - 4:30 pm

Sunday: 10:00 am - 4:30 pm.

Haircuts by appointment only (703-271-8177) for all DoD ID Card holders.

In addition to our standard sanitation protocols we are following

CDC guidelines to include:

- A mask or face covering is required for entry into this facility -
- Maintaining 6ft between customers -
- Using every other station -
- Requiring employees and customers to wear face mask or cloth face coverings
- Employee hand washing between customers -
- Frequent disinfecting of high touch areas -

Thank you for your cooperation and understanding!

The Vineyard: Autumn Fest

Come join us for Henderson Hall's Autumn Fest and sample from the Vineyard's varieties of wines, beers and more!

Saturday, October 23rd

11 a.m - 3 p.m

Front Lawn of the MCX

Free Admission



JBM-HH Celebrates 63rd Annual Retiree Appreciation Day



Joint Base Myer– Henderson Hall Celebrates 63rd Annual Retiree Appreciation Day

Thursday, November 4, 2021

Spates Community Club

Joint Base Myer-Henderson Hall

In recognition for your service, please stop by the following locations today to enjoy special offerings presented by;

MCX Marine Corps Exchange

Commissary

Army Exchange

DFMWR Auto Detailing Service

As of Friday, Oct. 1, DFMWR opened an Auto Detailing Service through “Graphics-N-Tints Car Detailing Services” at the DFMWR Auto Skills Center, Bldg. 227, Wednesday through Saturday (see attached flyer for hours and list of services). For a full list of services, please check the Auto Skills Center Detailing Service at <https://jbmhh.armymwr.com/programs/auto-crafts-skills> or call (703) 696-7863 from 11 a.m. to 5 p.m. Monday to Friday to inquire about services and/or to schedule an appointment. Payment for auto detail services will be by credit card and made directly to DFMWR at the Community Activity Center, Bldg. 405, in the Leisure Travel Service Office. Payments are not to be made directly to the contractor.

Coming soon: DFMWR Auto Skills Center will rent service bays, with or without lifts, for personnel to perform minor self-help automotive maintenance such as oil changes and tire rotation.

**Auto Skills Center
Graphics-N-Tints
Car Detailing Service**

Shop Hours:
Wed & Thur 4pm–8pm Fri 1pm–8pm Sat 10–5pm
Sun, Mon, Tue – CLOSED

Install Car Alarms	\$350	Window Tint Front Doors (2)	\$130
Install Remote Car Starters	\$450	Ceramic Tint Front Doors (2)	\$200
Vinyl Wrap Vehicles	\$250	Window Tint Removal	\$60
Windshield Film Protection	\$250	Xpel Paint Protection Ultimate Film Partial	TBD
Install Radio	\$150	Hood, Front Bumper and Fender Caps	\$685
Blind Spot Detectors	\$450	Back-up Sensors	\$410
Install Car Amp	\$300	Install Rear View Camera	\$450
Install Speaker pair	\$160	Prepare vehicles by washing/cleaning	\$30
Wrap Partial Car Body	\$350	Headlight Protection	\$220
Wrap Full Car Body	\$1,700	Smoke Tail Lights	\$135
Custom Graphics	\$800	Exterior Car Wash and Vacuum	\$30
Window Tint Sedan	\$250	Interior Detail	\$55
Ceramic Tint Sedan	\$350	Exterior Wash Only	\$25
Window Tint Coupe (2 Dr)	\$200	Rejuvenate and Seal Paint	\$160
Ceramic Tint Coupe (2 Dr)	\$250	Full Detail	\$285
		Headlight Restoration	\$110

Scan to visit our website! **JBMHH.ARMYMWR.COM** Scan to learn an ARCC command!

USO Metro—MilFam Market

On the third Thursday of each month, the USO-Metro will conduct their MilFam Market event here on JBM-HH. This event provides fresh produce and non-perishable goods free of charge to active duty military families, veterans, retirees, reservists, and National Guard.

Please see the following details for volunteer participation in this wonderful event:

WHAT: USO-Metro MilFam Market on JBM-HH (**RAIN OR SHINE**).

WHO: Volunteers are needed to assist with this event (masks/face coverings will be worn and social distancing observed at all times)

WHERE: JBM-HH Tri-Service parking lot (the parking lot across from the JBM-HH Community Center, Bldg. 405). Item delivery will be by contactless drive through and through designated walk up service line.

WHEN: 9:00am -1:00pm for volunteers (Event time is 10:30am-12:00pm) on the following dates:

11/18/21, and 12/16/21.



Due to the nature of the event and location, USO-Metro reserves the right to alter the event start and end time to best accommodate guests and volunteers. You will be notified directly if this occurs.

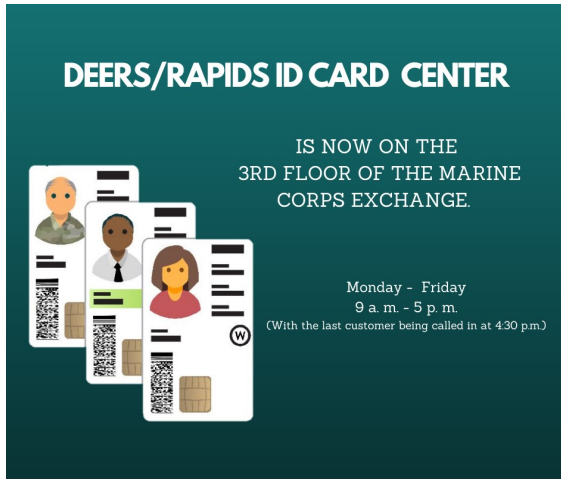
VOLUNTEERS POC INFO: Ms. Carla Moss is the POC for volunteers at 703-655-6091. Please let me know which dates you are interested in volunteering for and include your contact information.

VOLUNTEER ARRIVAL/DEPARTURE TIMES: Volunteers will arrive at JBM-HH Community Center at NLT 9:15am to meet up with Ms. Moss or Mr. Dencil Harrison. Delivery from CAFB warehouse will arrive at our installation between 8:45am-9:30am. Volunteers should be done with event clean-up NLT 1:00pm.

VOLUNTEER DUTIES: Volunteers will prepackage items and then provide items to drive up/ walk up clients, assist with customer surveys, help unload delivery truck, set-up for event, receive safety briefing, prepackage items, safely distribute items to customers, then clean-up area at end of the event. Customers will arrive on site beginning at 10:15am for event opening and all events thereafter. Signs will be posted to direct customers where to go for their item pick-up at event start up. All volunteers and staff participating will receive on the spot training and a safety briefing before event begins.

VOLUNTEER AND STAFF ATTIRE: All staff and volunteers will wear appropriate, comfortable casual wear with closed toe footwear. Appropriate cold weather and outer wear such as jackets, raincoats, umbrellas etc. is permitted and encouraged due to constant changes in outdoor weather. Weather forecast is calling for rain this day so please dress for rainy weather. Feel free to bring umbrellas, ponchos, etc. **SAFETY:** Gloves and masks/face coverings will be worn at all times and social distancing will be observed by all.

DEERS/RAPIDS ID Card Center



THE HENDERSON HALL ID CARD CENTER WILL BE OPERATED BY APPOINTMENT ONLY.

The Henderson Hall ID Card Center is now located on the 3rd floor of the Marine Corps Exchange. **The ID card center has new hours of 0900 to 1700 with the last customer being called in at 1630, by appointment only.** In order to maintain appropriate safety measures there will be only two customers allowed in the office at one time.

In order to maintain appropriate safety measures there will only be one ID Card Representative in the office at one time and they will only allow one customer in the office at one time.

All personnel are required to use the following website to book appointments: <https://idco.dmdc.osd.mil/idco/locator>.

All personnel issued a new CAC will be required to logon to their government workstation used for telework and connect to the MCEN network in order to cache the PKI credential that were loaded to their new ID Card prior to returning to telework. Network access to the support telework through the workstation will not be available until this action is complete.

Please note that if you have swipe access to your work locations such as the Pentagon. The ID Card Center at Henderson Hall cannot load your card with those specific permissions.

You may also visit <https://www.cac.mil/Coronavirus> for step-by-step instructions and eligibility.

Commissary Updates

The commissary has begun early bird services every day. The commissary hours are

Monday—Friday
7 a.m. to 7:30 p.m.
Saturday
7 a.m. to 6:30 p.m.
Sunday
7 a.m. to 6 p.m.

The commissary welcomes CLICK2GO, an online shopping and curbside pickup service you can access from your mobile devices. For full details, visit

<https://www.commissaries.com/shopping/click-2-go>.

For additional information, visit the Commissary official website at

<https://www.commissaries.com/shopping/store-locations/fort-myer/>.





Additional Office Info & Links
<u>BN Phone Directory</u>
<u>Shuttle Schedule</u>
<u>S-1 Adjutant</u>
<u>S-6/Communications:</u> <u>Restart Computers, Training Opportunities</u>
Company Command: NEW <u>HQ & A Co.</u>, <u>B Co.</u>, <u>C Co</u>
<u>HH MCX Sales and Promotions</u>
<u>Behavioral Health</u>
<u>USO Metro</u>
NEW <u>JBM-HH E-Newsletter</u>
<u>Pentagram</u>



To view all MARADMINS and other publications, please visit www.marines.mil.

For updated information, please visits the websites below

[U.S Marine Corps \(COVID-19\)](#)
[Coronavirus Disease 2019 \(COVID-19\)](#)
[What the U.S. Government is Doing](#)
[WHS COVID-19 Guidance](#)
[Center of Disease Control-](#)
[U.S Department of Defense-](#)

For additional guidance regarding civilians, to include FAQs and policy guidance:

<https://www.manpower.usmc.mil/webcenter/portal/MPC40>



Scan to view our Command Website